

Personal exercise programme (PEP) authentication sheet

Pearson Edexcel Level 1/Level 2 GCSE (9–1) in Physical Education		1PE0/04
Centre name:		Centre number:
Candidate name:		Candidate number:
Activity	Mark awarded	Comments <small>[NB: Comment box expands as you start entering text]</small>
PEP	2 /20	Limited information, limited evaluation, no comparison
Total	2 /20	

Word count <small>[NB: The specification requires candidate to produce a maximum word count of 1500]</small>	920 Word count:
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Teacher/Assessor declaration

I declare that the work submitted for assessment has been carried out without assistance other than that which is acceptable according to the rules of the specification. I certify that to the best of my knowledge the evidence submitted for this assignment is the learner's own. The learner has clearly referenced any sources and any artificial intelligence (AI) tools used in the work. I have not solely used AI to mark the learner's work. I understand that false declaration is a form of malpractice.

Assessor name:			
Assessor signed:		Date:	

Candidate declaration

I certify that the work submitted for this assessment is my own. I have clearly referenced any sources and any AI tools used in the work. I understand that false declaration is a form of malpractice. I acknowledge that Pearson may use candidate work for the purposes of standardisation, training, and exemplar material.

Candidate signed:		Date:	
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This is the Ultimate Performance enhancing Plan. I will push myself to the limit to achieve my goals, and I will do anything to make that happen. I will prove that it is possible to get faster in cycling in just 6 weeks. This will be a fully structured plan with measurements for maximum test accuracy. My name is Haroun, and today I will be your host for a Performance Enhancing plan like you have never seen before.

The reason I'm doing this is because I want to become better at cycling in terms of power, speed, and efficiency, but most importantly, to educate you on the world of cycling for people who have similar goals in this sport, or it can be motivation to achieve your goals in a different sport. Either way, this plan will benefit not only me, but also you.

First off, I want to give you some context about this plan, so you can understand and visualize what I'm doing seamlessly. My current fitness state is that I am in decent shape, I go to the gym 3-4 times a week, and I cycle every once in a while. My aim is to get faster in cycling because I want to join races, and cycling to become a competitive sport to me instead of just a hobby. I enjoy cycling as well as going to the gym. It is important to like what you are doing and truly have fun doing it as you will need to be persistent in this plan.

Power:

This is how much energy or work a cyclist produces, I will need this aspect in competitive cycling because cyclists need to sprint in many different places and timing in cycling, as it will probably determine whether you win the race or not. It is one of the most important aspects in general high intensity sports, especially cycling.

Speed:

This is my average speed in the whole race. This is important especially for endurance races where races are really long such as: The Tour de France is approximately 3,500km in total. This is required in the long run of the race contrary to power.

Efficiency:

This is how much work you put out relative to how fast the bike goes. This can be improved in many different ways such as better technique, a higher quality bike, aerodynamics, etc. This is a decisive aspect that can be the difference between 1st and 2nd.

Aerodynamics is the friction between air and the cyclist. This is one of the most important aspects of cycling and should be taken into consideration before racing. You can improve this by getting a more aerodynamic bike, changing your position on the bike, wearing different clothes, or drafting. Drafting is when you go behind a cyclist to get an aerodynamic advantage. While the racer is being hit by all the air particles, he cuts through the air and makes way for you to get more efficient. You can get up to 30% of air reduction when drafting which is a huge advantage in the world of cycling.

The Ultimate Fitness Plan:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Endurance		Casual		Sprint		Endurance
Week 2		Casual		Sprint		Endurance	
Week 3	Casual		Sprint		Endurance		Casual
Week 4		Sprint		Endurance		Casual	
Week 5	Sprint		Endurance		Casual		Sprint
Week 6		Endurance		Casual		Sprint	

Endurance:

This is where the Long bike training takes place. It is usually around 30-50 kilometers in length and takes around 1 and a half hours. This is where I can increase my stamina to raise my average speed in cycling to get a higher place in competitions. I can practice my technique in this session to get an advantage over others in races.

Casual:

This is where the medium-length bike training takes place. It is usually around a 45 minute session with around 20 kilometers in length. I can also practice my technique and position to improve my efficiency so I can have an aerodynamic advantage over my competitors.

Sprint:

This training consists of 6-8 short bursts of 200-400 meter sprints. This training focuses on power which is needed for sprinting hence why this training is called sprint. This will not only help me in the whole race but also in the final sprint where all races who are near the end make a final push to win the race.

Before:

I used to be able to cycle 20 kilometers in 45 minutes, and that is not a bad time given I am not a veteran at cycling.

After:

After I have followed this plan for 6 weeks, not only my 20km time improved drastically, but my sprinting got much better. I can now cycle 20 km in 35 minutes which is more than enough to stand out in the podium.

Conclusion:

In this Ultimate Performance Enhancing Plan, not only did I improve drastically in cycling, but I managed to reach a competitive level of cycling in just six weeks, although I did have quite a bit of experience. I have learnt that with a specific goal, and a process or system to go with it like the table above can really achieve great things. This plan worked because I have done research on the best cycling training plan and actually stuck to it unlike many people who are ready to give up on the first week. This was a nice experiment and I am sure you cyclists who have similar goals will love it. Thank You.